
NAAFA

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July 1989

Newsletter

Achievement Awards

The Distinguished Achievement Awards for 1989 were presented to several size positive members of the entertainment industry.

Roseanne Barr, John Goodman, and the producers of the Roseanne show all were voted Distinguished Achievement Awards. Roseanne has been a top-rated show since its debut last fall. Ms. Barr and Mr. Goodman portray a working class husband and wife in a situation comedy where their amply-proportioned figures are only incidental to the story line.

A spokesperson for Ms. Barr thanked NAAFA for the award and sent Roseanne's regrets that she would be unable to accept her award at the convention due to a filming commitment.

Carsey-Werner, the producers of Roseanne called and said that they were very pleased to accept their award, and that they felt it was important to be recognized for their work by an organization such as NAAFA.

A fourth Distinguished Achievement Award was presented to Ricki Lake, the star of the film Hairspray, and the television movie Babycakes. In Babycakes, which aired on Valentine's Day, Ms. Lake played the plus-sized love interest who attracted and won the man she wanted. ☺

Another Mail Fraud?

Some Receive Personalized Ads

During the last six months, NAAFA has received complaints from members and non-members across the country who have reported receiving an advertisement for a new diet product called "Berry Trim."

The Berry Trim mailing is a simulated newspaper article which begins "Former Star of Dynasty reveals..." The promoter, Health and Nutrition Laboratories of Phoenix, AZ, mails the advertisement.
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NAAFA:
The National Association to
Advance Fat Acceptance

formerly
The National Association
to Aid Fat Americans

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Convention Package Grand Prize in Recruitment Contest

NAAFA members will become eligible to win a free 1990 Convention package by participating in NAAFA's membership recruitment contest to be held September 1 through November 30, 1989. To enter the contest, fill out the enclosed form and return it to the NAAFA office. You will receive a packet of promotional materials, including brochures and coded membership applications. The NAAFA office must receive completed membership applications (with payment) by December 15, 1989. Points will be awarded to contestants as follows:

4 points:	regular membership
2 points:	student, senior, limited income, joint memberships
10 points:	supporting membership
25 points:	benefactor membership

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tisement via first class mail from Santa Ana, CA. What makes this promotion unique is that each letter is personalized by having a handwritten note in the margin that starts with the recipient's name, and then continues with the message, "Try it. It works! J." written in blue felt ink. It's made to appear that someone who knows you sent the ad especially to you. This isn't the case, as all of the copies we've seen are identical with the exception of the recipient's name.

Harry Gossett, author of Fat Chance, received his copy last November (personalized to 'Harold'). When he forwarded a copy to us, he wrote, "Here is another possible mail fraud. I enclose the original because it is cleverly designed to look like a page from a newspaper. The hand written note is a 'nice' touch, but I don't know anyone named 'J.' in Santa Ana, and my friends don't call me Harold."

Most people have sent NAAFA copies just to keep us informed of the latest diet, but due to the nature of the promotion and the fact that the mailing comes from a town in California, some have wondered if NAAFA's mailing list has been used by the diet promoters.

NAAFA's Executive Director and Officers would like to assure our members that at no time has NAAFA ever rented its mailing list for a diet promotion, and that the confidentiality of our membership list is constitutionally mandated.

The fact that many non-members have also received this ad, and that not all NAAFA's have received it, points to another mailing list source. While we don't know which lists are being used by Berry Trim, we would like to mention that when you purchase garments through the mail, fill out a consumer survey that asks your size, or even tell your weight to your motor vehicle department, your name might be sold or rented. Fortunately, NAAFA and many fat-positive businesses do not rent their mailing lists to diet hucksters. ♡

A minimum of 15 points are needed in order to be eligible to win the Grand Prize: a free 1990 Convention package (approximate value \$280). The Grand Prize will be awarded to the member who accumulates the most points. The second place winner will have his/her 1990 Convention registration fee waived. Ten third place winners will receive a copy of Fat Chance by Harry Gossett. In the event of a tie, the winner will be determined by a random drawing. The winners will be notified by mail; announced in the January, 1990 issue of the NAAFA Newsletter; and recognized with certificates at the 1990 Convention.

An auxiliary contest is being held for Chapters and SIGs. The Chapter or SIG that accumulates the most points (60 point minimum) will be eligible to win another 1990 Convention package which can be transferred to an individual member.

Many thanks to Neil Osbourn (CT) who submitted this contest proposal.
—Sally E. Smith ♡



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Members Report...

A BOOMING BUSINESS

According to an article in *American Photographer* (Dec. 88) the plus-size fashion market has grown from \$2 billion in 1977 to \$10 billion in 1988—and that figure is expected to triple in the next decade.

THE BIGGEST CAR

What's the biggest car on the market? According to NAAFA's Ira Shprintzen (NY), the Citroen CX Prestige is the largest, having more leg room, and more space between the driver and the steering wheel than any American car available. If you want a new one, though, the car will set you back a very hefty \$30-\$45,000 depending on extras. More modestly priced used models may give you years of service: Ira reports getting 398,000 miles out of his last Citroen.

ODD NEWS

Mark Hadlund (IA) sent us a clipping about Oprah Winfrey's weight loss fast that appeared in the *Omaha World-Tribune*. Isn't it odd that an article on Optifast should be the main feature of the "Food" pages?

ODDER NEWS

Church members in Nebraska spent a month offering their "lard to the Lord." According to an Associated Press item, ministers from two area churches started a new dieting trend they dubbed getting "Slim for Him." Their congregations competed for the most pounds lost in 30 days. Rev. Neal Hail was quoted as saying that "We accepted the call to be small."

And spotted in a recent issue of the L.A. Chapter's "Life in the Fat Lane"...

TOO WEIRD FOR WORDS!

That's what we think of the slew of diet cat food brands hitting the supermarket shelves!!! [Joining 'Fit and Trim' and other diet dog foods, no doubt.—Ed.]

SPREAD THE NEWS

Radiance magazine, that great publication for "women of size" is now being carried by Waldenbooks nationwide. Unfortunately, some shops do not stock enough copies, and others don't stock it at all. Getting *Radiance* (not to mention the NAAFA advertisements in the magazine) into the hands of larger women across the country is important. Why not check out the Waldenbooks in your area, and if you don't see *Radiance*, ask the manager to stock it in the future. (It's an approved magazine on Waldenbooks' national stock list, and is available to them through Ingram Periodicals.)

—Carrie Hemenway (MA)

THANK YOU...

Special thanks go to everyone who has been so kind to mail us news clippings and reports. We couldn't do it without your help. ∞

NAAFA Newsletter

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Sally E. Smith

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NAAFA: The National Association to Advance Fat Acceptance, Inc., is a 501(c)(3) non-profit, tax-exempt educational, human rights organization dedicated to improving the quality of life for fat people.

NAAFA is not a diet group, but seeks alternative ways to enrich the lives of its members and large people everywhere through public education, research, advocacy and support.

Regular membership in NAAFA is \$35 per year. Other membership categories are available. For more information, contact the Membership Services office:

NAAFA
PO Box 188620
Sacramento, CA 95818
or call (916) 443-0303.

Youth Sounds Off

by Avery Ray Colter (CA)

I have been a NAAFA member for a year now. I'm a young man, college student, and fat admirer, with a defiant spirit now ready to fight the fat-haters of the world. I am happy that I discovered NAAFA so young, and yet I am painfully aware that to find my source of self acceptance and to join the 'revolution' as early as I have is a mixed blessing indeed.

I keep hearing that there are other young members and I've heard references to a Teen and Young Adult Committee. My question is: where are either? Unless I'm mistaken, I seem to be the only Northern California member under 25. Someone told me that most of the young members are in the eastern chapters. Whatever the case, I am wondering what is being done to bring young members together.

If any other young members are reading this, it seems to me that it wouldn't be hard to get a mail web going, with the intention of gathering all young fat people and young fat admirers in NAAFA in one place. Are there other young members interested in the possibility of starting a Special Interest Group (SIG)?

Think about the possibilities. Besides being supportive of each other, we can organize local young people's support groups. We can "infiltrate" the schools in our areas, and discreetly invite fat kids and any other interested kids to learn about fat acceptance. We can give them a place to come to talk about their incidents and thoughts. We can give pre-adolescents the weaponry they need before the slaughterhouse of junior high. We can catch F.A.'s early in their sexual "careers," and give them the strength to accept and enjoy their size preference. We can even teach educators, and perhaps parents of fat kids about fat acceptance, so that they will think twice before laying the fat-trip on a struggling teenager. We young members, fat and F.A. alike, still have the

haunting memories of those years—some of us holed up all the way through high school. I don't think there is one fat person or fat admirer who wouldn't at least have given NAAFA a try, if we had only known about it in our youth.

...these days all ten-year-olds, whether they support it, rebut it, or are victims of it know the basic rhetoric of fat hate.

We've got to try this, at least. We are rare, we young members. Most fat people and F.A.s don't find self acceptance as early as we have. It is so difficult for us because our enemies are so powerful, and so swift. Every year they sow their seeds of hate just a little earlier, until these days all ten-year-olds, whether they support it, rebut it, or are victims of it, know the basic rhetoric of fat hate. By the time most people hear about NAAFA, they are so beleaguered by the psychic siege, that to teach them self-acceptance is like deprogramming a Moonie.

So, I think if we are to seriously fight the fat haters, we must attack as early as they do. We must be there for fat people in the years when it will do them the most good. Sally E. Smith has said that we must be visible. Well? How many fifth-graders do you think have heard of NAAFA, or even have heard that fatness is OK? ◇◇

Attention: Parents

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Physical Education: Still a Nightmare for Teens

Attara Greenstein (CA)

I am 16 years old and all my life I have been fat. It has always been hard to deal with the kids who teased me, and not being able to wear the latest clothes, but there is one thing that was the hardest: physical education in high school.

I was raised in Sacramento, CA until I was 15, when I moved to Davis. In Sacramento, the junior and senior high schools had a P.E. class for kids who, for some physical reason, couldn't keep up with the regular program. This special class was called Adapted P.E. It was fun. We played the same games as the other P.E. but didn't have to work as hard, or run around the track four times. If it wasn't for this P.E. program, I wouldn't have made it through.

Then I moved, and started Davis Senior High School. When I first registered for the school, I found out that they too

had an Adapted P.E. program, but they wouldn't let me sign up for it. I got doctors' notes, begged and pleaded, but they wouldn't let me in. They said that I wasn't physically impaired enough to be in the special class; that being overweight wasn't an excuse. I was angry. What made me even angrier was the fact that it took them six months to tell me all of this. So during those six months, I never went to my assigned regular P.E. class.

At the end of the six month period, I asked for a meeting of the district representative, the principal, both adapted and regular P.E. teachers, the school nurse, and my parents. When the meeting was over, everybody, except my parents and I, had decided that I wasn't qualified for the adapted program. My counselor was told to sign me up for the

regular P.E. program and not to accept 'no' for an answer. I never showed up! Not once. I wasn't about to put myself through the humiliation and physical pain of regular P.E. Fortunately, not long after the meeting, I was signed up for a series of classes that exempted me from going to P.E., but the damage was done to my feelings about the school.

I go to a different school now where I can earn P.E. credit by doing health work, or I can apply family education class credits to the subject. No one will ever believe how happy this makes me.

I guess the moral of this article is that not everybody is going to understand about being fat, but even if they don't, you still don't have to put up with the crap that they hand you. I'm lucky I realized that at age 16! ◊◊

At Last! A Catalog for Fat Kids

Finding attractive, trendy clothing that really fits the plus-size kid has long been a problem, but At Last! there may be a solution. At Last, Inc. offers mail order clothing for fat children. The catalog features its own sizing system (to really fit the kids), and positively displays all the fashions on plus-size models who are actual customers.

Even though the catalog is still quite small, At Last! owners have focused on basic items (such as jeans, pocket pants, shirts, skirts, and tops) that are popular with kids of all sizes. Expansion of the catalog is a major goal of the company, according to co-owner Copie Lilian who reports that sales have more than quadrupled since the firm began three years ago.

You can get a copy of the catalog by writing At Last, Inc.; Dept. NAF, Building 32, Endicott St., Norwood, MA 02062 or calling 800 543-7348.◊◊

Special Thanks

...to the Queens Chapter for a donation of \$500 from the proceeds of their fundraising dance, and

...to the Long Island Chapter for the donation of \$500 from the proceeds of their Anniversary Celebration dance. ◊◊

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New Members Write...

Due to our increased rate of membership growth, NAAFA has many new members who often have questions about the organization, the fat acceptance lifestyle, or their fellow NAAFAn. In this new column, we plan to answer some of those questions. New members are invited to send in their questions; we'll try to answer one each issue.

M. from Pennsylvania wrote us several months ago to tell us how an article in the Newsletter helped her. But she went on to express her concern that she wouldn't fit into the organization. She also expressed her fears about going out in public, even to a NAAFA event...

Dear M.:

Thank you so much for your letter. It's always nice to hear good words about the Newsletter.

To answer your question—NAAFA is like any other group: sometimes we feel

comfortable with the people we meet and sometimes we do not. But the wonderful thing about NAAFA is that here you will not be made to feel bad about yourself, or rejected because of your weight. You can meet a lot of warm, understanding people in NAAFA who feel just the way you do about many things.

An important step to fitting in is to get out there and try. In some ways, NAAFA is like a little society of its own. If you stay home and don't go to meetings and events, you won't meet as many people as if you do attend. If you don't try to make friends, you will probably not make many of them. If you hide in a corner at a dance, you will probably feel like a wallflower. But if you give yourself (and us) a chance, you will meet some really great people.

Many NAAFAn understand how hard it can be to go out in public. Many of us have experienced those feelings. You

and I deserve to be out there like anyone else—traveling, shopping, dining, dancing, swimming—whatever we want to do. But it may take some time and it's going to take the willingness to take some risks, before you will really believe it. But you can find the support in NAAFA to take those risks.

Take the chance to attend a chapter meeting, a regional gathering, or the convention. Events range from social gatherings such as dances and dinners, to workshops and discussion groups. Pick something where you will feel the most comfortable. If you are feeling uncomfortable, try to meet other new members: they are often feeling just like you do. And finally, volunteer to help. Working on a project is a great way to meet people!

—Nancy Summer

Next month we'll answer the question, "Are there really men and women who prefer to date fat people?" ◊◊

Book Review: The Dieter

by Noreen Henry (CA)

There is a fictional book out this summer called The Dieter by Susan Sussman (Pocket Books, June 1989). No, The Dieter is not another dry, boring book telling us how to lose weight and become everyone's little sweetheart, nor is it a book that makes its fat characters unloved, out of control overeaters. The best characters in the book are fat. It would almost seem that Ms. Sussman doesn't write three dimensional characters under 175 pounds.

The Dieter is a fun book to read: it's the simple story of Barbara Avers, the perfect 107 pound woman, who finds herself gaining weight after the death of her childhood best friend. We follow Barbara through all the weight loss gimmicks, and watch her pain, not with her

weight but with her relationships. Even at 107 pounds, Barbara was having problems with her weight gain: we watch her face those problems head on and grow as a person.

The Dieter has a few twists and surprises in it and makes very good summer reading. Yes, there is even a heavy duty love interest. NAAFA is never officially mentioned, but it is loosely referred to as a group from New York where the members are fat and happy, and the men like them that way.

Pocket Books took a big chance by putting this novel out in hard cover, but it has been well received and hopefully will help pave the way for more stories with positive fat role models. ◊◊

Family Circle

by Noreen Henry (CA)

The June 6th issue of Family Circle had a full page article entitled "Oprah vs. Roseanne, the Great Weight Debate" by Ruthanne Olds, author of Big and Beautiful. This article deals with our confusion over body size and happiness. In reference to dieting, Ms. Olds says, "Maybe it's time to stop looking for the impossible dream and start looking for another path to happiness." Maybe we should all write Family Circle and express how right Ms. Olds is in her attitude and ideas. Address opinion letters to: Full Circle, Family Circle, 110 Fifth Avenue, New York, NY 10011. ◊◊

Both articles by Noreen Henry are reprinted from "Life in the Fat Lane," the publication of the Los Angeles Chapter.

“Lite” foods: Fact or Fiction?

“Lite” or “light” foods is a booming business in thin-crazed America. According to the Tufts University Diet and Nutrition Letter, an estimated \$2 billion per year is spent on such specially labeled products. But are the foods really lighter versions of common products, or just a marketing ploy?

According to Tufts, it’s only at the meat and poultry counters where the word “lite” has any meaning. The United States Dept. of Agriculture (USDA) requires that meat and poultry labeled “lite” must have at least 25% less fat, sodium, calories, or breading. But once you leave the meat counter at the supermarket, anything goes.

***While there are...
rip-offs, there is also
lots of confusion and
no regulations as to
the meaning of the
words “lite” or “light”***

A few years ago we told readers of the Newsletter about Prince “Lite” Spaghetti. The lite pasta was discovered by consumer activists to be exactly the same spaghetti as the regular version—only the box and the price were changed. The lite version advised a longer cooking time and actually cost more per dry ounce. Once cooked, the “lite” product was indeed lighter—it had more water per cooked ounce, absorbed during the extended cooking time, and therefore less calories per serving. But the consumer could produce the same results for less money using the regular spaghetti by just cooking it longer.

If Tufts is correct, the market hasn’t changed much. While there are certainly some “lite” rip-offs, there is also lots of confusion and no regulations as to the meaning of the words “lite” or “light.” Consider, for example,

Pillsbury’s Hungry Jack Extra Light Pancake & Waffle Mix. In this case, “light” doesn’t refer to the calorie content at all. It refers to the “thinner, flatter texture.” This isn’t surprising or unusual, as the word “light” has been commonly used for years to describe soy sauce, olive oil, etc. But some diet-conscious consumers think that the word on the label promises a lower calorie version.

Another case is Lipton’s Lite Cup-A-Soups, which aren’t very much lighter than Lipton’s regular Cup-A-Soup. The calorie value in the two versions of chicken soup, for example, is the same. Only the sodium count is lower in the “lite” product—if you consider 540 milligrams instead of 590 milligrams of sodium “lite”!

NAAFAnS are advised to read product labels very carefully before spending money on so-called “lite” or “light” products. Make sure you’re getting what you pay for, and not just “lite” value for your dollars. ◊◊

Important Mailing Notes

This issue of the Newsletter was mailed at the non-profit bulk mail rate. We are asking your assistance in tracking the efficiency of this mailing method. Please note the date you received this Newsletter on the enclosed form along with your city, state, and zip code, and return it to the NAAFA office. Thank you!

Moving?

Don’t forget to mail a change of address to the NAAFA office, and to any chapters or SIGs to which you might also belong. ◊◊

Welcome

to two new Chapters, two new Area Facilitators, and two new Special Interest Groups:

CHAPTERS

The Washington State Chapter
Doug Zimmer,
Chairperson Pro-Tem

The New England Chapter
Matt Hahn, Chairperson Pro-Tem

AREA FACILITATORS

New Mexico Area Facilitator
Jeanette Apprill

Canada Area Facilitator
Ruth Wyllie-Gillingham

SPECIAL INTEREST GROUPS

Diabetic SIG
Miriam Berg (NY), Coordinator

Mid-Size SIG
Carolyn Schmidt (IL), Coordinator

If you would like information about these groups or individuals, contact the NAAFA office. ◊◊

Obituary

Joan Marie Sigler

Joan Marie Sigler, 35, of Long Island, New York passed away on June 13th. She was an active member of both the Queens and Long Island Chapters, and had attended a number of NAAFA conventions and other events.

Joan had a degree in psychology and had hoped to pursue a career as a counselor in the prison parole system. She is survived by her mother Irma, and a brother and sister. ◊◊

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Events

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Event reservation information will
be mailed to all members in the fall.
(516) 665-6525

Feel Like Fun?

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NAAFA Newsletter Advertising Policy

Ads received by the following dates will be
printed in the next issue available: **UPCOM-
ING DEADLINES:** Sept. 1 for the October
issue, Oct. 1 for the November issue, and so forth.

CLASSIFIED ADS

Non-Member ads: \$.75/word, 20 word min.
Member ads: \$.50/word, 20 word min.
Confidential department number: \$5 per issue.
Capitalized boldface words: Count as two words
each—not available for personals.

PERSONAL ADS

Personal ads from members wishing to meet other
members are published in "The Personals" sup-
plement--mailed to members with this Newslet-
ter. Instructions for placing or responding to per-
sonal ads appear in the supplement.

DISPLAY ADS

Contact NAAFA office for ad rate card.

AD PAYMENTS

Discounts: Deduct 20% for identical ads in
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We need card type, number, and expiration date;
amount charged; name and address of card
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Foreign members: Send U.S. funds; int'l
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AD ACCEPTANCE POLICY

Publication of any ad in the Newsletter,
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weight loss or gain will not be accepted.

SEPARATE MAILING OF FLYERS

NAAFA occasionally mails promotional flyers
for non-NAAFA goods or services. Such mail-
ings either take place from our office or from
Board-approved mailing services. Such mailings
are completely paid for by the promoters; we
make such mailings for informational purposes,
and to help pay for overhead expenses. Those
NAAFA members who choose not to receive such mail-
ings can request it in writing. ∞